

# Children's Mental Health Matters Month

Awareness Week: 6-11, May 2018



Dear Parent,

Your child's school has partnered with the Howard County Office of Children and Families to participate in this year's Children's Mental Health Awareness month. Mental health is a person's overall emotional, behavioral and psychological well-being. It impacts how we think, feel and act, including how a child: feels about himself/herself, relates to other children and adults and handles change, stress and other life situations.

Your child's program will do five days of short activities. Each day, you will receive a parent email that will highlight the information and provide complimentary activities and resources to do at home along with a short video from a leading educational program. View the resources and consider looking at additional information that these agencies provide.

To help you to learn more, we have multiple parent workshops available on our workshop calendar. Visit [www.howardcountymd.gov/familyinstitute](http://www.howardcountymd.gov/familyinstitute)

- Happy Child Circle Time (Free)
- Behavior Basics or Discipline & Communication (Either is Free with code: **CHILDMH18**)
- ReadyRosie: Free educational videos that show activity/ game that is modeled so you and your child can watch together and then play. Register at <https://app.readyrosie.com/en/register>

Thank you for your participation in this free opportunity to build mental health awareness with your family, learn life skills and connect with your child's school. Your child will thank you!

For additional questions, email [lrhodes@howardcountymd.gov](mailto:lrhodes@howardcountymd.gov)

